

Canola Bakes!

A Culinary Celebration of Canola!

Baking with Canola Oil!

Canola oil is a culinary workhorse. From sautéing and salad dressings to deep-frying and baking, canola is a staple no well-stocked pantry or good cook should be without. Some say that canola has no taste or a mild flavour — an ideal complement to a majority of dishes by allowing the flavours of the other ingredients to shine! This is particularly true in baking.

Canola oil is light, clear and has a mild flavour that does not interfere with the taste of baked goods. It blends easily with other ingredients to produce a moist product with soft texture. In addition, by replacing other solid fats with canola oil, recipes are not only lower in saturated fat, but in their total fat content as well. Great reasons for working with canola oil!

Canola Oil Change

Baking with canola oil provides healthful advantages. By substituting canola oil for melted hard fats such as butter, shortening, lard or brick margarine you replace fats higher in saturated fatty acids or in trans fatty acids. At 7%, canola oil has the lowest

level of saturated fatty acids of any vegetable oil currently available on the market. Canola oil, like the majority of vegetable oils, also has no trans fat and no cholesterol. When substituting canola oil for melted fats, the total fat called for in the recipe, should be reduced by 20 percent. In other words, when substituting canola oil for another fat, the baked product will use only 80% of the fat asked for in the original recipe. Not only have you chosen a healthier alternative but have reduced the total fat in your baked goods! Use the following chart to experiment with your recipes that use solid fat.

Canola Oil Change Chart

Solid Fat (melted)	Canola Oil
1 cup (250 mL)	$\frac{3}{4}$ cup (175 mL)
$\frac{3}{4}$ cup (175 mL)	$\frac{3}{4}$ cup (150 mL)
$\frac{1}{2}$ cup (125 mL)	$\frac{1}{2}$ cup (75 mL)
$\frac{1}{4}$ cup (50 mL)	3 Tbsp (45 mL)

Note: Cookies may not work well with this conversion.



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Canola in the Sweet Kitchen

"In baking, like in so many other arts, some of the most important elements play supporting roles rather than starring ones. As careful as I am when I choose fine bittersweet cocoa for a rich dark cake, or perfectly just-ripe bananas for luscious muffins, I am equally conscientious when I choose the quiet ingredients. In my baking, using canola oil in recipes that call for vegetable oil has become a given. Its light, pure and neutral taste allows every nuance of flavour to come through without being masked or compromised. It is the best of all worlds: healthful, easily available, affordable even at the highest quality, and best of all for a baker, it is brilliantly, humbly, undetectable".

Regan Daley



Banana Muffins with Coconut Crunch



Regan Daley's book in *the sweet kitchen* won top honours at both the Cuisine Canada and International Association of Culinary Professionals Cookbook Awards

Banana Muffins with Coconut Crunch

Recipe by Regan Daley

Makes 12 regular or 6 large muffins

1½ cups	all-purpose flour	375 mL
½ cup	tightly packed light brown sugar	125 mL
1 Tbsp	baking powder	15 mL
¾ tsp	baking soda	4 mL
½ tsp	salt	2 mL
¼ tsp	cinnamon	1 mL
¼ tsp	nutmeg	1 mL
1½ cups	mashed ripe banana	375 mL
	(about 3 to 4 medium bananas)	
2	large eggs, lightly beaten	2
½ cup	canola oil	75 mL
1½ tsp	pure vanilla extract	7 mL
¾ cup	sweetened shredded or flaked coconut	175 mL

Topping:

2 Tbsp	unsalted butter, melted and cooled	25 mL
½ cup	sweetened shredded coconut	75 mL
3 Tbsp	light brown sugar	45 mL

1. Preheat oven to 350°F (180°C). Grease 12 regular or 6 large muffin cups and set aside. Combine topping ingredients in a small bowl. Stir and set aside.

2. In a large bowl, whisk together flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. In another large bowl, whisk together mashed bananas, eggs, canola oil, and vanilla.

3. Add banana mixture to flour mixture all at once, stirring just enough to almost moisten dry ingredients. Add coconut, and stir to incorporate. Divide batter among muffin cups and drop crumbles of topping mixture over top of batter.

4. Bake for 15 to 20 minutes for regular-sized muffins, 20 to 25 minutes for large, or until tops spring back when lightly pressed and a wooden skewer inserted into the centre of a muffin comes out clean. Cool pan on a wire rack 10 minutes, then turn muffins out and cool on the rack until desired temperature. These are wonderful warm, but should be cooled completely before wrapping and freezing, or storing. They'll keep well in an airtight container at room temperature for about 4 days. To freeze, wrap well in plastic wrap then in a freezer bag; use within 2 months.

All-in-the-Pan Chewy Chocolate Cake

Recipe by Regan Daley

1½ cups	all-purpose flour	375 mL
1 cup	granulated sugar	250 mL
¼ cup	natural unsweetened cocoa powder, such as Ghirardelli or Hershey's	50 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
6 Tbsp	canola oil	100 mL
1 Tbsp	white vinegar	15 mL
1 tsp	pure vanilla extract	5 mL
1 cup	cool water	250 mL

Icing:

¼ cup	unsalted butter, at room temperature	50 mL
2 cups	icing sugar	500 mL
2-3 Tbsp	milk or water	25-45 mL
1½ Tbsp	natural unsweetened cocoa powder	20 mL

1. Preheat the oven to 350°F (180°C). Sift the flour into an ungreased, unfloured 8 x 8-inch (20 x 20 cm) square baking pan (a 9 x 9-inch (23 x 23 cm) pan would work too; reduce the baking time by 5 to 7 minutes). (If you wish to unmold the cake before icing and serving, oil the pan lightly and line the bottom and up two sides with a piece of parchment paper. Take care when mixing not to disturb or tear the paper. Personally, I like to leave the cake in the pan; it keeps very well that way, and is even easier!) In a small bowl, whisk together the sugar, cocoa, baking soda and salt. Add this mixture to the flour in the pan and stir well with a fork or small whisk to blend the ingredients (a flat sauce whisk works beautifully). With the back of a tsp, make three indentations or wells in the dry mixture: one large, one medium-sized, and one small. Into the large well pour the canola oil. Into the medium sized well, the vinegar. Pour the vanilla extract into the last well and pour the water over everything. With a fork, stir the mixture until the ingredients are well blended, making sure you reach into the corners and sides to catch any dry pockets. Do not beat this batter, but mix just until most of the lumps are smoothed out, and there are no little patches of

overly thick or overly runny batter. A few lumps won't hurt, and it's important not to overbeat at this point.

2. Bake the cake for 30 minutes, or until a wooden skewer inserted into the centre of the cake comes out clean and the top feels springy when lightly touched.

Transfer the pan to a wire rack and cool the cake completely before cutting, turning out or icing. This is an extremely moist cake, and it will tear if cut too soon. While you're waiting for the cake to cool, whip up a batch of the chocolate icing. If you have lined the pan with parchment, run a knife around the sides of the pan and gently lift the cake out with the help of the parchment paper.

3. In a medium bowl, cream together the butter and 1 cup of the icing sugar until the butter is well disturbed. The mixture will be very dry and still powdery. Stir in 1 tablespoon of milk or water, then sift the cocoa powder over the mixture and cream to blend. Mix in the vanilla, then add the second cup of icing sugar. Add as much of the remaining liquid as necessary to make a thick, creamy icing. (This recipe makes more than enough to generously frost the top and sides of the cake, and if you keep the cake in the pan, as I do, you will have plenty of icing left over for greedy fingers!)

4. To serve, you can simply sprinkle the cooled cake with sifted icing sugar and/or cocoa powder, but yummy icing really completes it. And there is not better cake for a scoop of chocolate or vanilla ice cream. Any leftovers can be stored in the pan, at room temperature, covered with a piece of aluminum foil. The un-iced cake freezes well: wrap the whole pan securely and thaw without disturbing the wrapping, at room temperature, for 4 to 6 hours. Makes enough for 8 servings if your guests are really polite, 3 to 4 if they are honest. (Again, I'm not kidding).

Recipe from *in the sweet kitchen* by Regan Daley
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by Sharon Foster Design, Photography by Rob Fiocca.



Sweet Potato Bundt Cake

Sweet Potato Bundt Cake

Recipe by Regan Daley

¾ cup	golden raisins	175 mL
½ cup	dark rum	125 mL
2	large or 3 medium-sized 2	
	sweet potatoes	
4	large eggs	4
2 cups	granulated sugar	500 mL
1 cup	canola oil	250 mL
2 tsp	pure vanilla extract	10 mL
3 cups	all-purpose flour	750 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
½ tsp	salt, plus extra for salting the water	2 mL
1½ tps	cinnamon	7 mL
½ tsp	freshly grated nutmeg	2 mL
¾ cup	buttermilk	175 mL
Glaze:		
½ cup	tightly packed dark brown sugar	125 mL
4 Tbsp	unsalted butter	50 mL
3 Tbsp	whipping cream (35%)	45 mL
	remaining rum macerating liquid from raisins	

1. Preheat the oven to 350°F (180°C). Oil and flour a 10-inch fluted tube or Bundt pan. In a small non-reactive, soak the raisins in the rum for at least 30 minutes or several hours. Meanwhile, peel the sweet potatoes, cut them in half and then cut each half into ¾-inch slices. Place the slices into a pot of cool salted water, cover, then bring the water to a boil. Reduce to a gentle simmer and cook until sweet potatoes are very tender when pierced with a sharp knife. Drain off the water and allow the potatoes to air-dry for a few minutes, then use a potato masher or large fork to roughly mash them. Measure out about 2 cups (500 mL) of the mash and set aside to cool.
2. In a large bowl with a whisk or the bowl of a stand mixer fitted with the paddle attachment, beat the eggs a little just to break them up. Add the sugar and beat until the mixture is thick and pale, about 2 minutes with a mixer, 3 if whisking by hand. Add the canola oil and vanilla, then beat to blend. Drain the raisins, and add ¾ cup (50 mL) of the rum macerating liquid

to the batter. Reserve the remaining rum for the glaze. Add the mashed sweet potatoes and mix until thoroughly combined, scraping down the sides and bottom of the bowl.

3. Into a separate bowl, sift the flour, baking powder, baking soda, salt, cinnamon and nutmeg. Add the flour mixture to the batter in three additions, alternating with the buttermilk in two additions, beginning and ending with the dry ingredients. Fold in the raisins. Pour the entire batter into the tube pan. Bake in the centre of the oven for 1 hour to 1 hour and 20 minutes, or until a wooden skewer inserted into the centre comes out clean, and the cake is just beginning to pull away from the sides of the pan. Cool the cake in the pan set on a wire rack for 10 minutes, then invert onto the rack. While the cake is cooling, prepare the glaze. This cake must be glazed while still warm, so it absorbs the maximum syrup - so don't take it out of the oven and go to the movies.

4. For the glaze, combine the brown sugar, butter and cream in a small heavy-bottomed saucepan. Bring to a boil over medium heat, stirring until the sugar dissolves. Continue to boil until the mixture thickens somewhat, about 3 minutes, stirring often. Remove the glaze from the heat and stir in the rum. With a long wooden or metal skewer, poke holes all over the cake, concentrating on the top. Spoon about half of the warm glaze over the cake and let the cake and remaining glaze cool for 10 to 15 minutes, until it has thickened slightly. Pour over the cake, letting it dribble down the sides, then allow the cake to cool completely before cutting and serving or wrapping and storing.

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Gingersnaps



Gingersnaps

Recipe by Betty Burwell

¾ cup	canola oil	125 mL
1 cup	granulated sugar	250 mL
1	egg	1
¼ cup	molasses	50 mL
1¾ cup	all-purpose flour	425 mL
2 tsp	ginger	10 mL
1 tsp	cinnamon	5 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
¼ cup	granulated sugar	50 mL

1. Beat canola oil with sugar. Whisk in egg and molasses. Add flour, ginger, cinnamon, baking powder, baking soda, and salt. Stir until dough is moist. Using 1 tsp (5 mL) per cookie, shape dough into ball. Roll in sugar.
2. Bake on lightly oiled cookie sheets at 375°F (190°C) 12-15 minutes. Let cool on cookie sheets or racks. Makes 36 cookies.



Molasses Flax Bread

Molasses Flax Bread

Recipe by Art Delahey

2 Tbsp	yeast	25 mL
1½ cup	water	300 mL
1 tsp	granulated sugar	5 mL
1 cup	buttermilk	250 mL
2 Tbsp	canola oil	25 mL
¼ cup	molasses	50 mL
¼ cup	maple syrup	50 mL
2 tsp	salt	10 mL
1 cup	flax meal	250 mL
3 cups	whole wheat flour	750 mL
3 cups	all-purpose flour	750 mL

1. Sprinkle yeast over warm water and sugar and let stand in a warm place for 10 minutes or until yeast is dissolved. When dissolved stir in buttermilk, canola oil, molasses, maple syrup, salt and flax meal.
2. Add whole wheat flour and 2 cups (500 mL) of all-purpose flour to form a sticky dough. Knead for 8 - 10 minutes while working in the remaining 1 cup

(250 mL) all-purpose flour. Put in oiled bowl, turn to oil top and let rise until double in bulk. Punch down, divide into 2 and either shape into round loaves on baking sheets or put in two 5 x 9 inch (13 x 23 cm) loaf pans. Let rise again.

3. Bake at 375°- 400°F (190°- 200°C) for 30 minutes. Mix a mixture of 1 Tbsp (15 mL) melted margarine and 1 Tbsp (15 mL) maple syrup and brush baked loaves. Dust with corn meal. Yummy!

No Rolling Pin Pastry

"If you are reluctant to handle or roll your piecrust, this recipe will change your life. It only takes a few minutes to toss all the ingredients together and then press them in place with your fingertips. No overhandling, no rolling, no toughness - no fail: the textures is tender, crisp and slightly flaky, with an excellent taste. Even a child can do this with ease.

This reduced fat recipe contains zero cholesterol and compared with an all-butter crust about one seventh the saturated fat. Canola oil is, of course, 100 percent fat, but is high in monounsaturates, which are heart-healthy".

Susan G. Purdy



No Rolling Pin Pastry

Recipe by Susan G. Purdy

Yield: For one 9 or 10 inch pie shell plus pastry decorations or one 11 inch tart shell: for a two-crust 9 inch with extra pastry decorations make 1½ times the recipe (3 cups of flour)

2 cups	unsifted	500 mL
	all-purpose flour	
1 tsp	salt	5 mL
1 tsp	granulated sugar	5 mL
¾ cup	(scant) canola oil	150 mL
3 Tbsp	skim or low fat milk,	45 mL
	or as needed	

1. In a mixing bowl or directly in the pie plate, toss together the flour, salt and sugar. Add the canola oil and milk (or stir them together first in a cup), then toss them with the flour mixture using a fork or your fingertips. As soon as the dough looks clumpy and holds together, press it out in an even layer in the baking pan. You can also cover the dough with plastic wrap and press it out in the plastic. Build up a thicker dough layer on the rim and flute or pinch into scallops.

2. If making a two-crust pie, roll out the top crust between two sheets of lightly floured wax paper. Peel off one sheet, position the crust over the filling, and peel off the backing paper. Cut steam vents and bake as directed in the recipe.

Editor's Note...Try the saskatoon or tourtière pie (two Canadian favourites) with the No Rolling Pin Pastry.

Recipe from *The Perfect Pie* by Susan G. Purdy
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Saskatoon Berry Pie

Recipe by Dorothy Long

If you are from the Canadian prairies you will be familiar with Saskatoons - sweet, purple berries. As a child my family would head out with pails to our secret patch of wild Saskatoons and return with purple tongues and lips and pails of berries. Although they are wonderful picked right from the bush, my absolute favourite dessert is my Mom's saskatoon pie. This is her recipe.

3-4 cups	saskatoons	750-1000 mL
1 Tbsp	lemon juice	15 mL
¾ cup	granulated sugar	150 mL
¼ cup	tapioca or	50 mL
	all-purpose flour	

1. This recipe makes enough for one pie but is easily doubled or tripled! Combine saskatoons, lemon juice, sugar and tapioca in a large bowl. Arrange saskatoon mixture in unbaked pie shell. Cover with top crust.

2. Bake for 15 minutes at 425°F (220°C), then reduce heat to 350°F (180°C) and bake for 35 minutes. Enjoy!

Tourtière

Recipe by Simone Demers Collins

While many French-Canadian tourtières do include mashed potatoes, the majority do not have grated potatoes in the bottom. I don't know when this tradition started with my family. Maybe it simply was my grandmother's response to difficult economic times. With more money, or fewer sons to feed, the layer of grated potatoes decreased, and the measure of meat rose - regional Canadian cuisine at its budgetary best!

2 lb	medium ground pork	1 kg
1 lb	extra lean ground beef	500 g
¼	medium onion, grated	¼
1 cup	water	250 mL
½ tsp	each salt & pepper	2 mL
¼ tsp	each ground allspice	1 mL
	& nutmeg	
	pinch ground cloves	
1 cup	peeled & grated potato	250 mL
	pastry for two double	
	crust 9-inch pies	

1. There is enough filling for two meat pies. In a heavy bottom pot, place meat, onion, water, salt and pepper. Bring to the boil and reduce heat to medium. Cook until meat is well cooked, and no pink remains. Add allspice and nutmeg, plus a very small pinch of cloves. Mix well and taste. Add more salt if needed.

2. Place bottom pie crusts in pie plates. Spread half of the grated potato over each pie crust. Sprinkle with salt. Top with 3 cups (750 mL) of meat mixture. Place second crust over entire mixture. Seal edges and cut vents into top pastry to allow steam to escape.

3. Bake 8-9 inch meat pie in a 400°F (200°C) oven for 15 minutes; reduce oven heat to 350°F (180°C) and bake for another 35 minutes. Remove pie from the oven and allow cooling for 5 minutes prior to cutting and serving.



Thanks!

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